

Water Aerobics Instructor

RESPONSIBILITIES:

- Teach seniors citizens High Impact Aerobics, walking, jogging, High intensity exercises, cool down, stretching
- Teach senior citizens Low Impact Aerobics, walking, jogging, low intensity exercises, cool down stretching
- Teach senior citizens Arthritic Water Aerobics, walking and stretching
- Clean working area, bathrooms and showers in the pool area
- Wash towels
- Team work with responsibility cleaning inside and outside the Lewis Johnson Senior Citizens' Complex.